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50. (New) A cholesterol-free margarine, comprising
a blend of at least one polyunsaturated fat and at least one saturated fat, forming a
cholesterol-free blended fat composition,
wherein said blended fat composition comprises
between 15% by weight and 40% by weight linoleic acid,
between 20% and 40% by weight saturated fatty acids, wherein said
saturated fatty acids comprise at least one saturated fatty acid selected from the group
consisting of lauric acid and palmitic acid, and
no more than 1% elaidic acid or other unnatural trans fatty acids by weight;
wherein the ratio of polyunsaturated fatty acids to saturated fatty acids is
from 0.5:1 to 2:1, and wherein said cholesterol-free margarine is suitable for ingestion by
a human as a food product and for increasing the HDL concentration and the HDL/LDL
concentration ratio in the blood serum following ingestion by a human.

2 51. (New) The margarine of claim 50, wherein said ratio of polyunsaturated fatty
acids to saturated fatty acids is 1:1 ± 20%.

3 52. (New) The margarine of claim 50, wherein said blended fat composition
further comprises between 20% and 50% by weight oleic acid.

4 53. (New) The margarine of claim 50, comprising approximately 30% by weight
palmitic acid and approximately 30% by weight linoleic acid plus linolenic acid.

5 54. (New) The margarine of claim 50, wherein said polyunsaturated fat comprises
at least one polyunsaturated vegetable oil selected from the group consisting of corn oil,
sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil; and
said saturated fat comprises at least one saturated vegetable oil selected from the
group consisting of palm fat, coconut fat and cocoa butter.

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55. (New) The margarine of claim 54, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

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56. (New) The margarine of claim 58, wherein said polyunsaturated fat consists essentially of soybean oil, and said saturated fat consists essentially of palm fat.

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57. (New) The margarine of claim 50, wherein said fat composition further comprises at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

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58. (New) The margarine of claim 50, wherein said blend consists of a mixture of two vegetable fats.

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59. (New) The margarine of claim 50, wherein said blended fat composition comprises less than 5% by weight stearic acid.

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60. (New) The margarine of claim 50, wherein said saturated fatty acids are predominantly palmitic acid.

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61. (New) The margarine of claim 50, wherein greater than 50% by weight of said saturated fatty acids is palmitic acid.

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62. (New) The margarine of claim 50, wherein the weight ratio of said polyunsaturated fats to saturated fats is in the range 0.5:1 to 2:1.

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63. (New) The margarine of claim 62, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.

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64. (New) The margarine of claim 62, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1.5:1.

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16 85. (New) The margarine of claim 82, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.5.

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86. (New) A cholesterol-free margarine, comprising a blend of soybean oil and palm oil, forming a cholesterol-free blended fat composition,

wherein said cholesterol-free blended fat composition comprises between 15% by weight and 40% by weight linoleic acid, between 20% and 40% by weight saturated fatty acids, wherein said saturated fatty acids comprise at least one saturated fatty acid selected from the group consisting of lauric acid and palmitic acid, and

no more than 1% elaidic acid or other unnatural trans fatty acids by weight; wherein the ratio of polyunsaturated fatty acids to saturated fatty acids is from 0.5:1 to 2:1, and wherein said cholesterol-free margarine is suitable for ingestion by a human as a food product and for increasing the HDL concentration and the HDL/LDL concentration ratio in the blood serum following ingestion by a human.

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87. (New) The margarine of claim 86, wherein said blend consists of soybean oil and palm fat.

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88. (New) The margarine of claim 86, wherein said ratio of polyunsaturated fatty acids to saturated fatty acids is 1:1 ± 20%.

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89. (New) The margarine of claim 86, wherein said blended fat composition further comprises between 20% and 50% by weight oleic acid.

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90. (New) The margarine of claim 86, comprising approximately 30% by weight palmitic acid and approximately 30% by weight linoleic acid plus linolenic acid.

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~~count~~ 19 71 (New) The margarine of claim 65, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

~~23~~ 72 (New) The margarine of claim 65, wherein said blended fat composition comprises less than 5% by weight stearic acid.

~~24~~ 73 (New) The margarine of claim 65, wherein said saturated fatty acids are predominantly palmitic acid.

~~25~~ 74 (New) The margarine of claim 65, wherein greater than 50% by weight of said saturated fatty acids is palmitic acid.

~~26~~ 75 (New) The margarine of claim 65, wherein the weight ratio of said polyunsaturated fats to saturated fats is in the range 0.5:1 to 2:1.

~~27~~ 76 (New) The margarine of claim 75, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.

~~28~~ 77 (New) The margarine of claim 75, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1.5:1.

~~29~~ 78 (New) The margarine of claim 75, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.5.

~~30~~ 79 (New) A cholesterol-free margarine, comprising
a blend of one part by weight polyunsaturated fat and at least one part by weight
saturated fat, forming a cholesterol-free blended fat composition,
wherein said blended fat composition comprises
between 15% by weight and 40% by weight linoleic acid.

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between 20% and 40% by weight saturated fatty acids, wherein said saturated fatty acids comprise at least one saturated fatty acid selected from the group consisting of lauric acid and palmitic acid, and

no more than 1% elaidic acid or other unnatural trans fatty acids by weight; wherein the ratio of polyunsaturated fatty acids to saturated fatty acids is from 0.5:1 to 2:1, and wherein said cholesterol-free margarine is suitable for ingestion by a human as a food product and for increasing the HDL concentration and the HDL/LDL concentration ratio in the blood serum following ingestion by a human.

~~31~~ ³⁰ ~~30~~ (New) The margarine of claim ~~19~~, wherein said ratio of polyunsaturated fatty acids to saturated fatty acids is $1:1 \pm 20\%$.

~~32~~ ³⁰ ~~31~~ (New) The margarine of claim ~~19~~, wherein said blended fat composition further comprises between 20% and 50% by weight oleic acid.

~~33~~ ³⁰ ~~32~~ (New) The margarine of claim ~~19~~, comprising approximately 30% by weight palmitic acid and approximately 30% by weight linoleic acid plus linolenic acid.

~~34~~ ³⁰ ~~33~~ (New) The margarine of claim ~~19~~, wherein said polyunsaturated fat comprises at least one polyunsaturated vegetable oil selected from the group consisting of corn oil, sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil; and said saturated fat comprises at least one saturated vegetable oil selected from the group consisting of palm fat, coconut fat, and cocoa butter.

~~35~~ ³⁴ ~~34~~ (New) The margarine of claim ~~19~~, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

~~36~~ ³⁰ ~~35~~ (New) The margarine of claim ~~19~~, wherein said polyunsaturated fat consists essentially of soybean oil, and said saturated fat consists essentially of palm fat.

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86. (New) The margarine of claim ~~79~~, wherein said fat composition further comprises at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

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87. (New) The margarine of claim ~~79~~, wherein said blend consists of a mixture of two vegetable fats.

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88. (New) The margarine of claim ~~79~~, wherein said blended fat composition comprises less than 5% by weight stearic acid.

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89. (New) The margarine of claim ~~79~~, wherein said saturated fatty acids are predominantly palmitic acid.

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90. (New) The margarine of claim ~~79~~, wherein greater than 50% by weight of said saturated fatty acids is palmitic acid.

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91. (New) The margarine of claim ~~79~~, wherein the weight ratio of said polyunsaturated fats to saturated fats is in the range 0.5:1 to 2:1.

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92. (New) The margarine of claim ~~91~~, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.

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93. (New) The margarine of claim ~~91~~, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1.5:1.

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94. (New) The margarine of claim ~~91~~, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.5.

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95. (New) A prepared food product suitable for human consumption, comprising

wherein said prepared food product is free of cholesterol, and said fat in said prepared food product consists of a blend of at least one saturated fat and at least one polyunsaturated fat and comprises

between 15% and 40% by weight linoleic acid,

between 20% and 40% by weight saturated fatty acids, wherein said saturated fatty acids comprise lauric acid or palmitic acid or both, and

no more than 1% by weight elaidic acid or other unnatural trans fatty acids; wherein said prepared food product is prepared using said blend of saturated fat and polyunsaturated fat, and the ratio of polyunsaturated fatty acids to saturated fatty acids in said blend is from 0.5:1 to 2:1.

96. (New) The prepared food product of claim 95, wherein said prepared food product is a blended food product.

97. (New) The prepared food product of claim 96, wherein said blended food product is selected from the group consisting of salad dressing, margarine, and mayonnaise.

98. (New) The prepared food product of claim 95, wherein said prepared food product is a baked prepared food.

99. (New) The prepared food product of claim 95, wherein said prepared food product is a dairy product.

100. (New) The prepared food product of claim 95, wherein said ratio of polyunsaturated fatty acids to saturated fatty acids is $1:1 \pm 20\%$.

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Claims
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101. (New) The prepared food product of claim 95, wherein said blended fat composition further comprises between 20% and 50% by weight oleic acid.

102. (New) The prepared food product of claim 95, comprising approximately 30% by weight palmitic acid and approximately 30% by weight linoleic acid plus linolenic acid.

103. (New) The prepared food product of claim 95, wherein said polyunsaturated fat comprises at least one polyunsaturated vegetable oil selected from the group consisting of corn oil, sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil; and

said saturated fat comprises at least one saturated vegetable oil selected from the group consisting of palm fat, coconut fat and cocoa butter.

104. (New) The prepared food product of claim 103, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

105. (New) The prepared food product of claim 95, wherein said polyunsaturated fat consists essentially of soybean oil, and said saturated fat consists essentially of palm fat.

106. (New) The prepared food product of claim 95, wherein said fat composition further comprises at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

107. (New) The prepared food product of claim 95, wherein said blend consists of a mixture of two vegetable fats.

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108. (New) The prepared food product of claim 95, wherein said blended fat composition comprises less than 5% by weight stearic acid.

109. (New) The prepared food product of claim 95, wherein said saturated fatty acids are predominantly palmitic acid.

110. (New) The prepared food product of claim 95, wherein greater than 50% by weight of said saturated fatty acids is palmitic acid.

111. (New) The prepared food product of claim 95, wherein the weight ratio of said polyunsaturated fats to saturated fats is in the range 0.5:1 to 2:1.

112. (New) The prepared food product of claim 111, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.

113. (New) The prepared food product of claim 111, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1.5:1.

114. (New) The prepared food product of claim 111, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.5.

115. (New) A prepared food product suitable for human consumption, comprising fat blended with additional components,

wherein said prepared food product is free of cholesterol, and said fat in said prepared food product consists of a blend of at least one saturated fat and at least one polyunsaturated fat and comprises

between 15% and 40% by weight linoleic acid,

between 20% and 40% by weight saturated fatty acids, wherein said saturated fatty acids comprise lauric acid or palmitic acid or both,

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no more than 1% by weight elaidic acid or other unnatural trans fatty acids; wherein the ratio of polyunsaturated fatty acids to saturated fatty acids in said blend is from 0.5:1 to 2:1.

116. (New) The prepared food product of claim 115, wherein said prepared food product is a blended food product.

117. (New) The prepared food product of claim 116, wherein said blended food product is selected from the group consisting of salad dressing, margarine, and mayonnaise.

118. (New) The prepared food product of claim 115, wherein said prepared food product is a baked prepared food.

119. (New) The prepared food product of claim 115, wherein said prepared food product is a dairy product.

120. (New) The prepared food product of claim 115, wherein said ratio of polyunsaturated fatty acids to saturated fatty acids is $1:1 \pm 20\%$.

121. (New) The prepared food product of claim 115, wherein said blend further comprises between 20% and 50% by weight oleic acid.

122. (New) The prepared food product of claim 115, comprising approximately 30% by weight palmitic acid and approximately 30% by weight linoleic acid plus linolenic acid.

123. (New) The prepared food product of claim 115, wherein said polyunsaturated fat comprises at least one polyunsaturated vegetable oil selected from the

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group consisting of corn oil, sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil; and

said saturated fat comprises at least one saturated vegetable oil selected from the group consisting of palm fat, coconut fat and cocoa butter.

124. (New) The prepared food product of claim 123, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

125. (New) The prepared food product of claim 115, wherein said polyunsaturated fat consists essentially of soybean oil, and said saturated fat consists essentially of palm fat.

126. (New) The prepared food product of claim 115, wherein said blend further comprises at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

127. (New) The prepared food product of claim 115, wherein said blend consists of a mixture of two vegetable fats.

128. (New) The prepared food product of claim 115, wherein said blend comprises less than 5% by weight stearic acid.

129. (New) The prepared food product of claim 115, wherein said saturated fatty acids are predominantly palmitic acid.

130. (New) The prepared food product of claim 115, wherein greater than 50% by weight of said saturated fatty acids is palmitic acid.

131. (New) The prepared food product of claim 115, wherein the weight ratio of said polyunsaturated fats to saturated fats is in the range 0.5:1 to 2:1.

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132. (New) The prepared food product of claim 131, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.

133. (New) The prepared food product of claim 131, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1.5:1.

134. (New) The prepared food product of claim 131, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.5.

135. (New) A method of aiding a person to increase the HDL concentration and the HDL/LDL concentration ratio in the serum of said person by providing a cholesterol-free dietary fat composition comprising a blend of at least one saturated fat and at least one polyunsaturated fat, wherein the ratio of polyunsaturated fatty acids to saturated fatty acids in said fat composition is from 0.5:1 to 2:1, and said dietary fat composition comprises between 20% and 40% by weight saturated fatty acids comprising lauric acid or palmitic acid or both, between 15% and 40% by weight linoleic acid, and no more than 1% by weight elaidic acid or other unnatural trans fatty acid;

wherein said HDL concentration and said HDL/LDL concentration ratio will increase when the daily dietary fat accounts for between 15% and 50% of the total dietary energy and contains between 20% and 40% by weight saturated fatty acids comprising lauric acid or palmitic acid or both and between 15% and 40% by weight linoleic acid.

136. (New) The method of claim 135, wherein said ratio of polyunsaturated fatty acids to saturated fatty acids is 1:1 ± 20%.

137. (New) The method of claim 135, wherein said fat composition further comprises between 20% and 50% by weight oleic acid.

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138. (New) The method of claim 135, comprising approximately 30% by weight palmitic acid and approximately 30% by weight linoleic acid plus linolenic acid.

139. (New) The method of claim 135, wherein said polyunsaturated fat comprises at least one polyunsaturated vegetable oil selected from the group consisting of corn oil, sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil; and said saturated fat comprises at least one saturated vegetable oil selected from the group consisting of palm fat, coconut fat and cocoa butter.

140. (New) The method of claim 139, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

141. (New) The method of claim 135, wherein said polyunsaturated fat consists essentially of soybean oil, and said saturated fat consists essentially of palm fat.

142. (New) The method of claim 135, wherein said fat composition further comprises at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

143. (New) The method of claim 135, wherein said blend consists of a mixture of two vegetable fats.

144. (New) The method of claim 135, wherein said fat composition comprises less than 5% by weight stearic acid.

145. (New) The method of claim 135, wherein said saturated fatty acids are predominantly palmitic acid.

146. (New) The method of claim 135, wherein greater than 50% by weight of said saturated fatty acids is palmitic acid.

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147. (New) The method of claim 135, wherein the weight ratio of said polyunsaturated fats to saturated fats is in the range 0.5:1 to 2:1.

148. (New) The method of claim 147, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.

149. (New) The method of claim 147, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1.5:1.

150. (New) The method of claim 147, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.5.

151. (New) A method of aiding a person to increase the HDL concentration and the HDL/LDL concentration ratio in the serum of said person by providing a cholesterol-free prepared food product that is prepared using a blend of saturated fat and polyunsaturated fat forming a dietary fat composition, wherein the ratio of polyunsaturated fatty acids to saturated fatty acids in said dietary fat composition is from 0.5:1 to 2:1, and said dietary fat composition comprises between 20% and 40% by weight saturated fatty acids comprising lauric acid or palmitic acid or both, between 15% and 40% by weight linoleic acid, and no more than 1% by weight elaidic acid or other unnatural trans fatty acid;

wherein said HDL concentration and said HDL/LDL concentration ratio will increase when the daily dietary fat accounts for between 15% and 50% of the total dietary energy and contains between 20% and 40% by weight saturated fatty acids comprising lauric acid or palmitic acid or both and between 15% and 40% by weight linoleic acid.

152. (New) The method of claim 151, wherein said prepared food product is a blended food product.

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153. (New) The method of claim 152, wherein said blended food product is selected from the group consisting of salad dressing, margarine, and mayonnaise.

154. (New) The method of claim 151, wherein said prepared food product is a baked prepared food.

155. (New) The method of claim 151, wherein said prepared food product is a dairy product.

156. (New) The method of claim 151, wherein said ratio of polyunsaturated fatty acids to saturated fatty acids is $1:1 \pm 20\%$.

157. (New) The method of claim 151, wherein said dietary fat composition further comprises between 20% and 50% by weight oleic acid.

158. (New) The method of claim 151, comprising approximately 30% by weight palmitic acid and approximately 30% by weight linoleic acid plus linolenic acid.

159. (New) The method of claim 151, wherein said polyunsaturated fat comprises at least one polyunsaturated vegetable oil selected from the group consisting of corn oil, sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil; and

 said saturated fat comprises at least one saturated vegetable oil selected from the group consisting of palm fat, coconut fat and cocoa butter.

160. (New) The method of claim 159, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

161. (New) The method of claim 151, wherein said polyunsaturated fat consists essentially of soybean oil, and said saturated fat consists essentially of palm fat.

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162. (New) The method of claim 151, wherein said dietary fat composition further comprises at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

163. (New) The method of claim 151, wherein said blend consists of a mixture of two vegetable fats.

164. (New) The method of claim 151, wherein said dietary fat composition comprises less than 5% by weight stearic acid.

165. (New) The method of claim 151, wherein said saturated fatty acids are predominantly palmitic acid.

166. (New) The method of claim 151, wherein greater than 50% by weight of said saturated fatty acids is palmitic acid.

167. (New) The method of claim 151, wherein the weight ratio of said polyunsaturated fats to saturated fats is in the range 0.5:1 to 2:1.

168. (New) The method of claim 167, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.

169. (New) The method of claim 167, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1.5:1.

170. (New) The method of claim 167, wherein said weight ratio of polyunsaturated fats to saturated fats is approximately 1:1.5.

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